



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

JANUARY 3, 2022

NEW THIS WEEK!

*****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov***

TESTING SCHEDULE CHANGES FOR JANUARY 2022

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- With COVID-19 symptoms, and/or
- Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

 Tuesday & Thursday
9:00 - 11:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



PRUEBAS GRATUITAS DE COVID-19

El departamento de salud ofrece pruebas gratuitas de COVID-19 auto-servicio. Pruebas para aquellos:

- Con síntomas de Covid-19 y/o
- Contactos cercanos a un caso confirmado de Covid-19.

NO SE REQUIERE CITA!

 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

 Martes & Jueves
9:00 - 11:00 am



PREGUNTAS? LLAME EL DEPARTAMENTO DE SALUD!



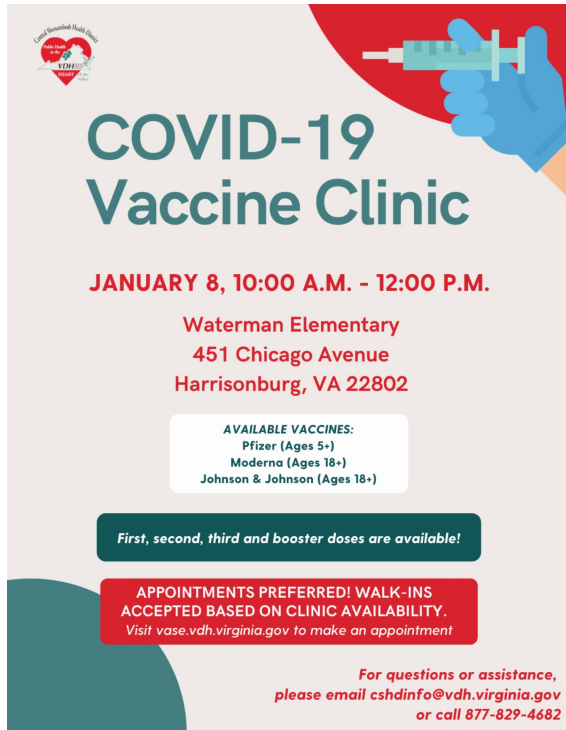
This week, testing will take place on Tuesday, January 4 instead of Monday, due to snow.

Central Shenandoah Health District will continue to offer drive-thru testing at Hillandale Park on Mondays (except for January 3, which was pushed to Tuesday, January 4) and Thursdays from **9:00 a.m. through 11:00 a.m.**

PCR tests are available. A health department staff member will call with results. Isolate until you receive a negative test to avoid spread.

**Read more about the CDC's Testing
Guidance**

UPCOMING COMMUNITY VACCINE CLINICS IN HARRISONBURG



COVID-19 Vaccine Clinic

JANUARY 8, 10:00 A.M. - 12:00 P.M.

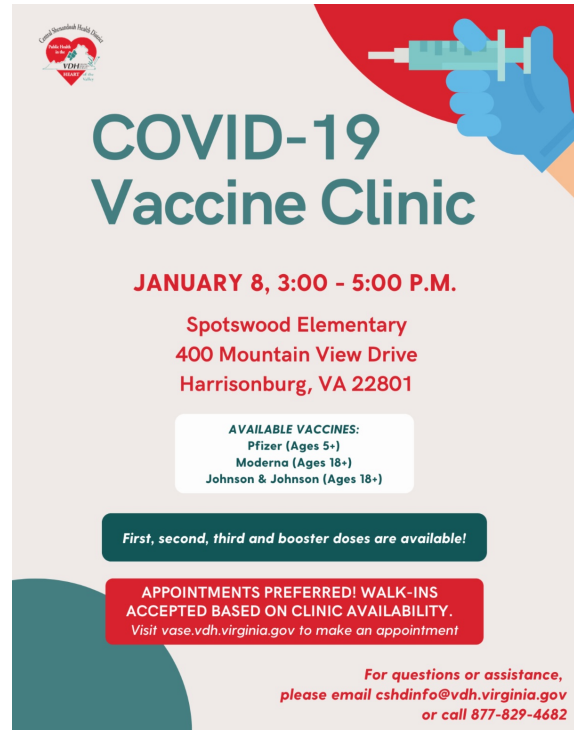
Waterman Elementary
451 Chicago Avenue
Harrisonburg, VA 22802

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

First, second, third and booster doses are available!

APPOINTMENTS PREFERRED! WALK-INS ACCEPTED BASED ON CLINIC AVAILABILITY.
Visit vase.vdh.virginia.gov to make an appointment

For questions or assistance,
please email cshdinfo@vdh.virginia.gov
or call 877-829-4682



COVID-19 Vaccine Clinic

JANUARY 8, 3:00 - 5:00 P.M.

Spotswood Elementary
400 Mountain View Drive
Harrisonburg, VA 22801

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

First, second, third and booster doses are available!

APPOINTMENTS PREFERRED! WALK-INS ACCEPTED BASED ON CLINIC AVAILABILITY.
Visit vase.vdh.virginia.gov to make an appointment

For questions or assistance,
please email cshdinfo@vdh.virginia.gov
or call 877-829-4682



Clínica Gratuita de Vacunación Covid-19

8 de ENERO, 10:00 A.M. - 12:00 P.M.

Waterman Elementary
451 Chicago Avenue
Harrisonburg, VA 22802

VACUNAS DISPONIBLES:
Pfizer (mayores de 5 años)
Moderna (mayores de 18 años)
Johnson & Johnson (mayores de 18 años)

¡Están disponibles primera, segunda, tercera dosis, y dosis de refuerzo!

¡SE PREFIERE CITA PERO SON BIENVENIDOS SIN CITA PREVIA SEGÚN LA DISPONIBILIDAD DE LA CLÍNICA! .
Visite vase.vdh.virginia.gov para registrar

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!



Clínica Gratuita de Vacunación Covid-19

8 de ENERO, 3:00 - 5:00 P.M.

Spotswood Elementary
400 Mountain View Drive
Harrisonburg, VA 22801

VACUNAS DISPONIBLES:
Pfizer (mayores de 5 años)
Moderna (mayores de 18 años)
Johnson & Johnson (mayores de 18 años)

¡Están disponibles primera, segunda, tercera dosis, y dosis de refuerzo!

¡SE PREFIERE CITA PERO SON BIENVENIDOS SIN CITA PREVIA SEGÚN LA DISPONIBILIDAD DE LA CLÍNICA! .
Visite vase.vdh.virginia.gov para registrar

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!

CSHD is hosting two COVID-19 vaccine clinics this weekend on January 8, 2022.

Waterman Elementary, 10:00 a.m. - 12:00 p.m.

Pfizer, Moderna, and Johnson & Johnson (Ages 5+)

First, second, third and booster doses are available for anyone eligible.

Spotswood Elementary, 3:00 p.m. - 5:00 p.m.

Pfizer, Moderna, and Johnson & Johnson (Ages 5+)

First, second, third and booster doses are available for anyone eligible.

Walk-ins are accepted based on availability.

You can secure your spot by visiting <https://vase.vdh.virginia.gov>.

UPDATED QUARANTINE AND ISOLATION GUIDANCE

On Monday, December 27, 2021, the Centers for Disease Control and Prevention (CDC) announced a change to the current COVID-19 isolation and quarantine guidance. This decision was based on most recent data around COVID-19, including the Omicron variant. The current science demonstrates that the majority of COVID-19 transmission takes place earlier after infection, typically in the first 1-2 days before symptoms appear and about 2-3 days after. It is important to note that this is only when the majority of transmission occurs. **Individuals who have tested positive can still be contagious up to 10 days after their symptoms started or they tested positive (for asymptomatic cases).** This means they can still infect others with the virus, even if their symptoms have improved or they had no symptoms, for up to 10 days.

New CDC Quarantine Guidelines

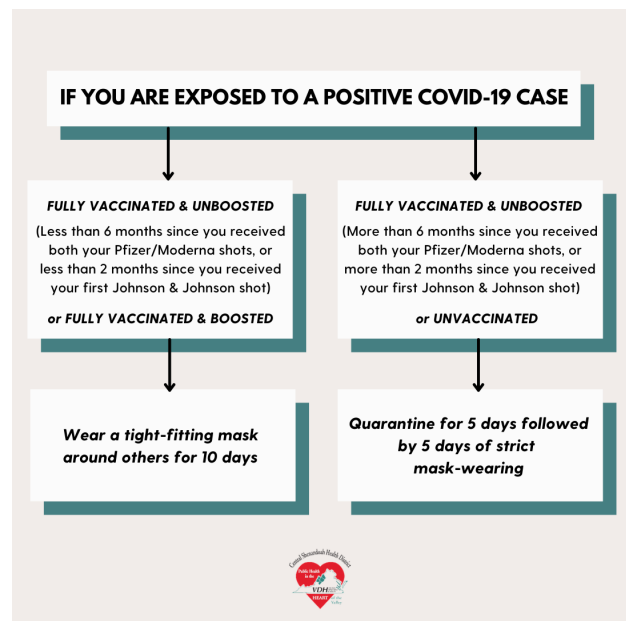
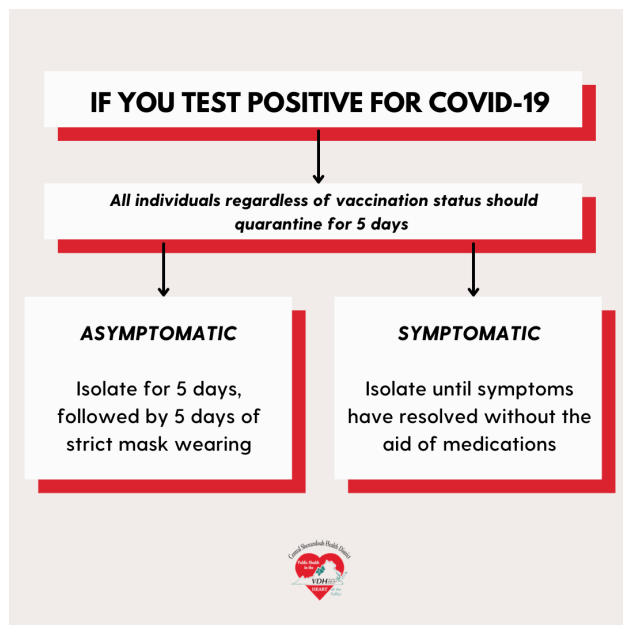
According to the CDC, if exposed to a positive COVID-19 case:

- **Fully vaccinated and boosted individuals** should commit to a 10-day period of strict mask usage around others.
- **Unvaccinated and un-boosted individuals** should quarantine for 5 days, followed by another 5 days of strict mask usage.
- **All individuals**, regardless of vaccination status, are recommended to get tested 5 days after the initial exposure. If at any point the individual starts experiencing symptoms, they should seek testing and return home immediately until a negative test confirms symptoms are not COVID-19 related.

New CDC Isolation Guidelines

The CDC has updated isolation guidelines for anyone who tests positive for COVID-19, regardless of vaccination status. If tested positive:

- **Asymptomatic individuals or those individuals with mild symptoms that resolve within 5 days** may end isolation on day 5, followed by another 5-day period of strict mask usage.
- **Symptomatic individuals, including those with fever or any other symptoms that have not resolved by day 5**, should remain in isolation until symptoms have improved and/or the fever breaks without the help of fever-reducing medication.



Read the Latest from the
CDC

NEW DATES FOR HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

CSHD has updated our COVID-19 vaccine clinic schedule for 2022!



HEALTH DEPARTMENT CLINIC UPDATES

Walk-ins are welcome!

To secure your spot, visit vase.vdh.virginia.gov
First, second, third and booster doses available for all eligible people

HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

WAYNESBORO HEALTH DEPARTMENT

Mondays, 9:00 a.m. - 1:00 p.m.
Ages 12+: Pfizer, Moderna, Johnson & Johnson

Mondays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

These clinics will accept walk-ins or appointments can be made at: <https://vase.vdh.virginia.gov>

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

Read more about COVID-19 Booster Doses

SELF-TESTING KITS FOR COVID-19 ARE NOW AVAILABLE AT SOME PUBLIC LIBRARIES THROUGHOUT CSHD!



GET YOUR FREE COVID-19 AT-HOME TEST KIT

Participating libraries are now offering **free test kits** for you to use when you **get home**.



Library cards are not required



Tests must be done at home

To take the test you will need:



Valid ID



Internet connection



Free COVID antigen test kits are available at select library branches throughout CSHD! Click on the branches below to be directed to their website for more information.

- [Highland County Public Library](#) (540) 468-2373
- [Staunton Public Library](#) (540) 332-3902
- [Augusta County Public Libraries](#)
 - Fishersville Main Library (540) 885-3961 or (540) 949-6354
 - Churchville Branch Library (540) 245-5287
 - Stuarts Draft Library Station (540) 569-2683
 - Weyers Cave Library Station (540) 453-4920

To request a test, call the library branch number. Tests are subject to availability. Please call or check the website for the most up-to-date self testing information!

For more information about testing or to find alternate testing sites [visit the VDH Testing Website](#).

Learn more about self-testing for COVID-19

Read more about free COVID-19 self tests at Virginia libraries

THE FLU SHOT: WHAT YOU NEED TO KNOW



All people 6 months and older should get a flu shot for protection against the flu.

Visit <https://getmyflushot.org/> to find a location near you and to learn more about the flu shot. Not only does getting your flu shot help protect you and your loved ones, but it can also help our overwhelmed healthcare providers focus on treating people who are sick with Covid-19.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases Reported^

223

7-Day Average Number of Daily New Cases Reported

302

7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population

100.3

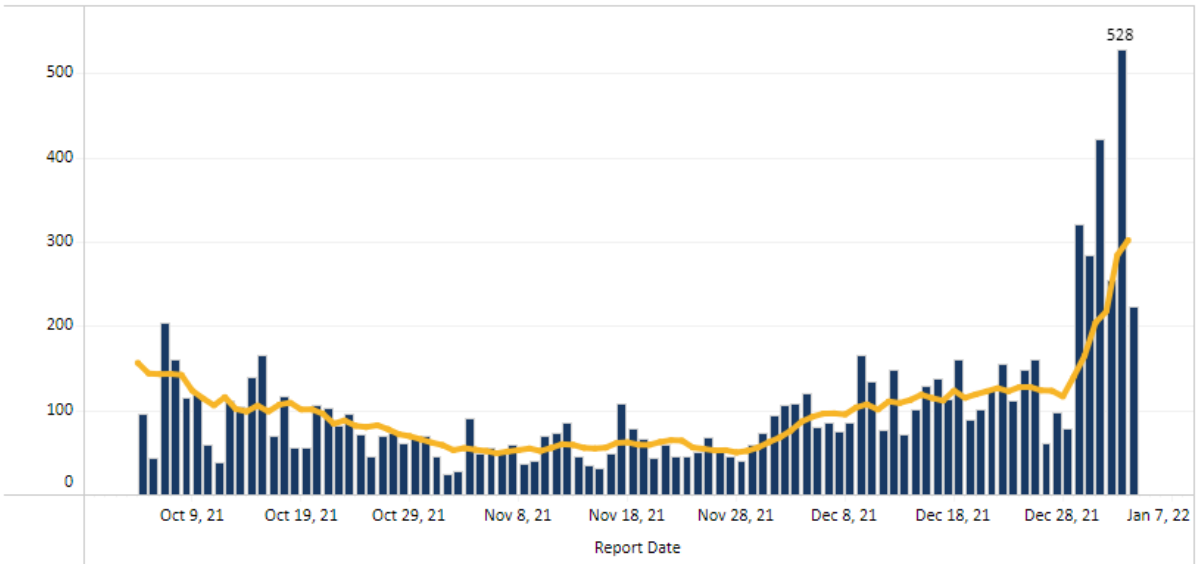
Total Number of New Cases per 100,000 Population within last 14 days

988.3

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	57	10,933	683	182
Harrisonburg City	51	9,306	301	116
Augusta County	116	12,519	335	141
Staunton City	28	4,023	110	88
Waynesboro City	20	4,131	110	54
Rockbridge County	8	2,463	87	70
Lexington City	10	1,768	39	38
Buena Vista City	6	1,530	36	34
Bath County	5	590	20	15
Highland County	2	236	4	4
Totals:	303	47,499	1725	742

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	57.3	52.6	66.6	61.4
Harrisonburg City	58.3	52.0	62.4	56.2
Augusta County	59.4	55.4	67.7	63.3
Staunton City	70.0	63.6	78.3	71.7
Waynesboro City	65.4	59.5	77.4	71.1
Rockbridge County	61.0	56.2	68.6	63.4
Lexington City	60.5	53.6	62.2	55.8
Buena Vista City	59.5	53.4	69.4	62.7
Bath County	58.6	52.1	66.6	59.2
Highland County	59.4	55.6	66.4	62.8
Totals:	60.9	55.4	68.6	62.8

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

Health Education Corner



CSHD Gratitude Check-In!

With so many new developments in the Covid-19 world, CSHD encourages our newsletter readers to take a moment for gratitude. Your mental and physical health will thank you for doing so!

To get you started, what are 3 things you are grateful for today?

To explore the power of gratitude and tips for how to practice gratitude, please visit [CDC's How Right Now](#).

P.S. CSHD is grateful for YOU!

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages**

everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

If this email was forwarded to you and you want to receive this information from the health department, you can subscribe to receive our weekly email by clicking the button below!

Subscribe here!

The PDF version of this newsletter can be found on our [website](#).

You can Unsubscribe to our emails by selecting "Unsubscribe" below the newsletter.

FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>



